

Best exercises and stretches for low back pain

Spend about 20 minutes a day practicing these stretches and exercises, do them in order for a build up in intensity

1. Childs pose - hold for 1 min



2. Cat and Cow stretch - move slowly, breathe deeply, alternate between the two poses several times for about 1 minute



3. Seated spinal twist - hold each side for about 30 seconds



4. Figure 4 stretch - hold each side for about 45 seconds



5. Pigeon pose - hold each side for about 1 minute



6. Bird dogs - Raise left leg w/right arm, hold for a few seconds, then switch to raising right leg w/left arm, make about 15 switches



7. Plank - hold push up position, aim for 1 minute, you will likely need to work up to this goal



8. Glute bridge - 3 sets of 10, squeeze buttocks with lift, take short break between sets



9. Wall sit - Aim for 60 second hold or two 30 second holds, dig in heels and suck in stomach



10. Squats - 2 or 3 sets of 10, take a short break between sets



11. Lunges - 2 or 3 sets of 10, alternate legs with each step forward, take a short break between sets

